

## WELLNESS COMMITTEE

Wednesday, February 6, 2019

3:30-4:15 pm

Room 101

Members: Debra Meyer-Myrum, Andy Leidenfrost, Jodie Saehr, Kelly Gangl, Crystal Ratke, Cindy Marshik, Jenah Gross, Kelli Diederich, Robyn Skwira, Jean Flicker, Becky Przybilla

Absent:

### AGENDA:

1. 2018-19 Goals:
  - Physical Education promote 60 minutes per day of physical activity.
  - Professional development for teachers on health education
  - Lunch program – each classroom develop a lunch once during the school year.
2. Andy – implantation of PE standards
3. Kelly – review of health standards 2019-20
4. <https://www.healthiergeneration.org/programs/> Wellness Planning: Healthier Generation. This site was used to evaluate the wellness of Holy Trinity School in the following eight modules.

**Module 1: School Health and Safety Policies and Environment – on track**

**Module 2: Health Education:** Discussion on area.

- Jodi – PD on anxiety or selfcare
- Jenah – University of Wisconsin resources

**Module 3: Physical Education and Other Physical Activity Programs:**

website <https://www.shapeamerica.org/cspap/what.aspx>

- Provide a variety of school-based physical activities to enable all students to participate in 60 minutes of moderate-to-vigorous physical activity each day.
- Classroom Physical Activity Breaks
- Shape America website has a monthly calendar for children to do physical activities at home. Debra will share the website with parents and we will print a calendar to attach to monthly calendar each month.
- Fuel Up 60 promotion –Jenah presented that there were a lot of opportunities available in grants through the website. The grant would have to be sustainable and do able by staff. Jenah thought that promoting a compost for garbage would be a good project.
- Kelly will check with teachers at a staff meeting on the promotion of portion size for snack.

**Module 4: Nutrition Education:** Report from Jean.

- New menu items
- Other

**Module 5: Health Services – On track**

**Module 6: Counseling, Psychological and Social Services – Northern Pines**

**Module 7: Health Promotion for Staff – Staff plans activities**

**Module 8: Family and Community Involvement**

5. Are schools able to offer a flu clinic for students?

Robyn Skwira has been trying to set up a flu clinic at Pioneer, with the help of Thrifty White, for the past 2 flu seasons. The issue is that we need to have a pharmacist, and tech, on site, and they need to be able to bill insurance companies for the shots. We may try to gauge interest next year, and have families preregister with insurance and consent, for a flu clinic during the school day. I wanted to be able to vaccinate parents and siblings during a conference night, but logistically this will never work for TW staff. If it does work out, we still can only vaccinate students 5 years of age and older.

6. Other...

Next meeting will be Wednesday, April 3, 2019

Agenda for next meeting: 2019-20 planning

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